



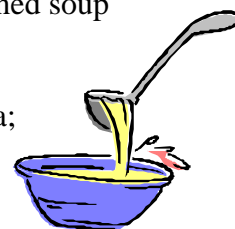
## Dinner To The Rescue!!

*Teresa C. Hunsaker, USU Extension Educator*

*When time is short, keep a list of ideas similar to these handy to help you "throw" a meal together.*



1. **Breakfast for Dinner:** Omelets of all combos and kinds, crepes, pancakes, waffles, German pancakes, hash browns, scrambled eggs, frittata, etc.
2. **Quick Burritos:** Spread flour tortillas with heated canned refried beans, add some chopped leftover chicken or other meat, lettuce, sour cream, drained diced canned tomatoes, grated cheese, salsa, roll up.
3. **Baked Tortellini:** Place ready to eat tortellini in a lightly greased casserole dish. Pour spaghetti sauce over the top, add a few sliced olives, pepperoni slices, and drained bottled mushrooms. Top with mozzarella cheese. Bake or microwave until bubbly throughout.
4. **Pizza Pork Chops:** Pan fry pork chops in spray coated skillet. Add spaghetti sauce toward the end of cooking time. Top with low fat mozzarella cheese; cover and simmer in skillet until cheese is melted.
5. **Creamy Chicken Noodles:** Cook 2 packages chicken ramen noodles in a saucepan or skillet according to directions. Add seasoning packets. Drain off half the liquid when noodles are done. Stir in soup and milk. Add chicken and broccoli; heat through.
6. **Southwest Grilled Chicken:** Pound out to ½ inch thick your chicken breasts. Brush lightly with oil and sprinkle with ground cumin. Broil or grill until juices run clear. Spoon your favorite salsa mixed with sour cream over the top of the chicken. Top with fresh chopped cilantro.
7. **Baked Potato Meal:** Microwave a potato. Slit and fluff potato then top with all kinds of quick steamed vegetables, grated cheese, chopped green onion, chopped ham, and drizzle with Ranch Salad Dressing.
8. **Burritos Enchilada Style:** Place frozen burritos in a casserole dish. Pour a can of enchilada sauce over the burritos, layer with cheese, and bake approximately 45 minutes. Could also mix one can cream of chicken soup and sour cream with a can of diced green chilies as the sauce, instead of enchilada sauce.
9. **Open Faced Broiled Sandwich:** Chopped leftover roast beef or chicken. Add mayo, onions, green pepper, celery, etc. Spread on favorite bun and top with grated cheese. Broil.
10. **Dilly Meatballs:** In a saucepan combine 1 can cream of celery soup, 2 tablespoons Worcestershire sauce, ½ teaspoon dried dill weed, and ½ cup sour cream. Heat until bubbly and stir in meat balls until they are hot throughout. Serve over rice or noodles.
11. **Soup-Noodles:** Prepare broccoli-cheddar cheese dehydrated soup using half of the water recommended. Add noodles and cook until tender. *Variation:* Cook noodles; warm main dish canned soup (sirloin, clam chowder). Pour onto noodles. These makes great main dishes.
12. **Black Bean Quesadilla:** Drain one can black beans; lightly mash. Add ½ cup salsa; spread on tortilla. Sprinkle with cheese; broil.



## HAMBURGER MIX

4 medium onions, chopped  
3 cloves garlic, minced  
5 pounds ground beef  
4 teaspoons salt



Brown ground beef; drain.  
Add onion, garlic and salt; cool. Place in freezer containers; label with date and quantity. Freeze; use within 3 months.

## CHICKEN MIX

11 pounds chicken (4 medium fryers), cut up  
4 quarts cold water  
3 tablespoons parsley flakes  
4 carrots, peeled and chopped  
4 teaspoons salt  
½ teaspoon pepper  
2 teaspoons basil

Combine chicken and rest of the ingredients in large kettle or Dutch oven. Cover and cook over high heat until water boils; simmer 1 ½ hours or until meat is tender; remove from heat. Strain broth; refrigerate until fat can be skimmed. Cool chicken; remove bones and skin. Put chicken in six (1-pint) containers; seal. Label and freeze; use within 3 months.

*\*May also freeze the 6-pints of chicken broth.*

## CHICKEN FLAVORED RICE MIX

4 cups uncooked long grain rice  
4 tablespoons instant chicken bouillon  
1 teaspoon salt  
2 teaspoons dried tarragon  
2 teaspoons dried parsley flakes  
¼ teaspoon white pepper

Combine all ingredients; store in airtight containers in cool, dry place. (Stores 6-8 months). Makes about 4 cups dry mix.

**To Make:** Combine 1 1/3 cups mix *above*, 2 cups cold water and 1 T. butter in medium saucepan. Bring to boil over high heat; cover and simmer for 15-25 minutes. Serves 4-6.

## CHICKEN BROCCOLI ALFREDO

2 tablespoons vegetable oil  
1 pound boneless chicken breast, cut into pieces  
⅓ cup *Cream Soup Mix*\*  
3 cups water  
½ cup grated Parmesan cheese  
1 ½ cups Fettuccine noodles  
1 cup fresh or frozen broccoli

In a skillet or wok, heat vegetable oil; add chicken. Cook and stir until browned and cooked through; remove from pan. Combine Cream Soup Mix, water, cheese and noodles in skillet. Bring to a boil, cook until thick and noodles are almost tender. Add broccoli and chicken for last 4 minutes of cooking time. Serves 4-6.

## CREAM SOUP MIX\*

2 cups powdered nonfat milk  
¾ cup cornstarch  
¼ cup instant chicken bouillon  
2 tablespoons dried onion flakes  
1 teaspoon basil leaves  
1 teaspoon thyme leaves  
½ teaspoon pepper

Combine all ingredients, mixing well. Store in airtight container until ready to use. Yield: 9 cans

**\*Cream of Chicken Soup:** Combine 1/3 cup of dry mix with 1 1/4 cups of cold water in saucepan. Cook and stir until thickened. Add to casserole as you would the canned product. Substitute for 1 can.

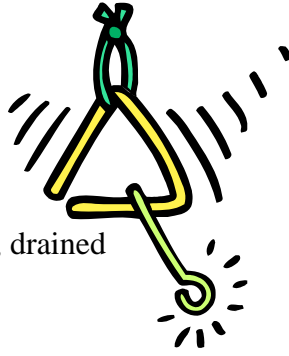
## PANTRY SCALLOPED POTATOES

1 can (10 ¾ oz) condensed golden mushroom soup  
1 can (10 ¾ oz) condensed creamy onion soup  
1 can (10 ¾ oz) condensed cheddar cheese soup  
8 medium potatoes, peeled and thinly sliced

In a bowl, combine soups; mix well. In a greased 9x13-inch baking pan, layer a third of the potatoes; top with a third of the soup mixture. Repeat layers twice. Cover and bake at 350 degrees F. for 1 hour or until potatoes are tender. Serves 6-8.

## STROGANOFF CASSEROLE

12 oz wide egg noodles, cooked, drained  
1 pound ground chuck  
1 small onion, chopped  
1 green pepper, chopped  
2 celery ribs, chopped  
½ cup beef broth  
6 oz tomato paste  
1 can (4 oz) mushrooms, sliced, drained  
½ teaspoon dried oregano  
8 oz sour cream  
12 oz cottage cheese  
1 teaspoon garlic salt  
2 C. mozzarella cheese  
½ cup Parmesan cheese



Cook ground chuck in large skillet until crumbled and done; drain. Add onion, green pepper and celery. Cover and cook over medium heat for 15 minutes or until vegetables are tender (stir occasionally). Stir in beef broth, tomato paste, mushrooms and oregano; set aside. Preheat oven to 350 degrees F. Combine sour cream, cottage cheese, and garlic salt. Add noodles, tossing to coat. Spread half of noodles in 9x13" non-stick baking dish. Top with half of meat mixture, half of grated mozzarella and half of grated Parmesan cheese. Repeat with remaining noodles and meat mixture. Cover and bake for 20 minutes; sprinkle with remaining cheeses. Bake uncovered for an additional 10 minutes. Serves 6-8.

## MEXICAN MEAT LOAF

1 egg, beaten  
⅓ cup taco sauce  
2 tablespoons taco seasoning  
½ teaspoon salt, optional  
1 cup coarsely crushed corn chips  
⅓ cup shredded Mexican-blend or cheddar cheese  
2 pounds lean ground beef



In a large bowl, combine the first six ingredients. Crumble beef over mixture and mix well. Shape into a round loaf; place in a Slow Cooker. Cover and cook on **Low** for 6-8 hours or until a meat thermometer reads 160 degrees F. Serve with taco sauce or salsa. Serves 8.

## CHILI CHEESE TOAST

1 can (4 oz) chopped green chilies  
2 tablespoons mayonnaise  
6 slices French bread, toasted  
6 slices Monterey Jack or pepper jack cheese

In a bowl, combine chilies and mayonnaise. Spread over each slice of bread. Top each with a cheese slice. Broil 4 inches from heat for 3-4 minutes or until cheese is melted. Serves 3-6.

## HANDY MEAT PIES

¾ pound ground beef  
¾ pound bulk pork sausage  
1 medium onion, chopped  
⅓ cup chopped green onions  
1 garlic clove, minced  
2 tablespoons minced fresh parsley  
1 tablespoon water  
2 teaspoons all-purpose flour  
½ teaspoon baking powder  
½ teaspoon salt  
¼ teaspoon pepper  
2 tubes (12 oz *each*) buttermilk biscuits

In a skillet over medium heat, brown beef and sausage; drain. Add onions and garlic; cook until tender. Add parsley, water, flour, baking powder, salt and pepper; mix well. Heat through. Cover and refrigerate for at least 1 hour. On a floured surface, pat 10 biscuits into 4-inch circles. Top each with about ⅓ cup meat mixture. Pat remaining biscuits into 5-inch circles and place over filling; seal edges with water. Press edges together with a fork dipped in flour; pierce the top. Place on an ungreased baking sheet. Bake at 375 degrees F. for 12-14 minutes or until golden brown and filling is hot. Serves 10.

*Courtesy of:* USU Extension, Weber County  
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## TANGY PORK CHOPS

4 pork chops (½-inch thick)  
½ teaspoon salt, optional  
⅛ teaspoon pepper  
2 medium onions, chopped  
2 celery ribs, chopped  
1 large green pepper, sliced  
1 can (14 ½ oz) stewed tomatoes  
½ cup ketchup  
2 tablespoons cider vinegar  
2 tablespoons brown sugar  
2 tablespoons Worcestershire sauce  
1 tablespoon lemon juice  
1 beef bouillon cube  
2 tablespoons cornstarch  
2 tablespoons water  
Hot cooked rice, optional

Place chops in slow cooker; sprinkle with salt if desired and pepper. Add onions, celery, green pepper and tomatoes. Combine ketchup, vinegar, brown sugar, Worcestershire sauce, lemon juice and bouillon; pour over vegetables. Cover cook on low for 5-6 hours. Mix cornstarch and water until smooth; stir into liquid in slow cooker. Cover and cook on High for 30 minute or until thickened. Serve over rice if desired. Serves 4.

## PEPPERED PORK PITAS

⅓ cup mayonnaise or salad dressing  
2 tablespoons milk  
1 teaspoon minced garlic (1-2 cloves)  
1 pound boneless pork loin chops (thin strips)  
1 tablespoon oil  
1 teaspoon coarse ground black pepper  
1 jar (7.25oz) roasted red peppers, drained, sliced  
4 pita breads, halved (6-inch)

In small bowl, combine mayonnaise, milk and garlic; mix well and set sauce aside. In medium bowl, combine pork, oil and pepper; mix well. Sauté pork on high heat until lightly browned (stir occasionally). Add red peppers; heat until warm. Lightly brush inside of each pita half with garlic sauce. Fill with pork mixture; may add remaining garlic sauce over top if desired. Serves 4.

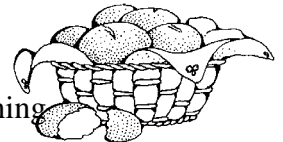
## SKILLET CHICKEN WITH RICE

2 chicken breasts	1 tsp. garlic powder
1 tablespoon oil	¼ tsp. Italian seasoning
2 cups rice	¼ tsp. pepper
1 onion, chopped	2 cups water
1 green pepper, sliced	8 oz. can tomato sauce

Remove bone and skin from chicken; cut into strips. Sauté chicken in oil until lightly browned. Add rice and continue to sauté two more minutes. Mix in onion, green pepper, seasonings, water and tomato sauce. Cover and simmer over low heat 25 minutes or until rice is tender. Serves 4-6.

## HERB PULL-APART BREAD

\*18-24 frozen rolls  
⅓ cup margarine, melted  
1 tablespoon Herb blend seasoning  
¼ cup Parmesan cheese



Combine margarine, herb seasoning and Parmesan cheese. Place half of the rolls in a bundt pan that has been sprayed with vegetable spray. Drizzle with half butter mixture, then repeat the layers. Cover with aluminum foil and let raise approximately 8 hours. Bake at 350 degrees F. for 25 minutes. Remove immediately from pan and serve.

## FREEZER BISCUITS

4 cups flour	½ teaspoon soda
2 T. baking powder	16 oz sour cream
1 ½ teaspoons salt	½ cup butter
1 teaspoon sugar	3 teaspoons water

Mix dry ingredients in bowl; cut butter into small well blended pieces. Add sour cream and water; mix well. Knead and roll out to 1" thick. Cut with biscuit cutter. Flash freeze on cookie sheet. When frozen solid, place in freezer bag to store. \*When ready to use, place frozen biscuits on ungreased baking sheet. Bake at 425 degrees F. for 15-17 minutes or until top is golden brown. Makes 12.

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